

Version 1.0

Venue Handy Cross

25m

Session Seniors Distance IM (06)

A and B Squad

Yellow Squad

	Rounds	x	Distance	Instruction	Time(Mins)	RI	Rounds	x	Distance	Instruction	Time(Mins)	RI	
Warm Up	1	x	400	f/c	7.00		1	x	400	f/c	7.00		
	1	x	400	b/c	7.00		1	x	400	b/c	7.00		
	8	x	50	I.M. Stroke Order, fly as drill	1.15		6	x	50	I.M. Stroke Order, fly as drill	1.30		
	Total Distance					1200		Total Distance					1100
						24 mins							23 mins
Main Set	2	x	100	I.M.	2.30		2	x	100	I.M.	2.30		
	1	x	200	f/cEASY	4.00		1	x	200	f/cEASY	4.15		
	4	x	100	I.M. 25 full, 25 drill per stroke	2.15		4	x	100	I.M. 25 full, 25 drill per stroke	2.30		
	1	x	200	b/c	4.00		1	x	200	b/c	4.15		
	4	x	200	Broken IM as 100m each stroke (fly/ba,ba/br, br/fr,fr/fly)	4.30		4	x	200	Broken IM as 100m each stroke (fly/ba,ba/br, br/fr,fr/fly)	4.30		
	1	x	200	br Moderate	4.30		1	x	200	br Moderate	4.30		
	4	x	100	b/c	2.00		4	x	100	b/c	2.15		
	1	x	200	I.M.	4.30		1	x	200	I.M.	4.30		
	Total Distance					2600		Total Distance					2600
						53 mins							60 mins
Swim Down	1	x	300	b/c PULL	6.00		1	x	100	b/c PULL	2.45		
	1	x	400	as alt 50 f/c, 50 b/c	7.00		1	x	200	as alt 50 f/c, 50 b/c	4.25		
	Total Distance					700		Total Distance					300
						13 mins							7 mins
Session Distance					4500		Session Distance					4000	

<p>Teaching Points</p> <p>Butterfly - Ensure head rises to breath as the arms push through the end of the Fly outswEEP.</p> <p>I.M. - Ensure turns are correct, avoid tumble turns, two hand touch out of fly and breaststroke.</p>	<p>Feedback</p>
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